



Fried Bologna Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



3

CALORIES



791 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices un bologna
- ☐ 3 tablespoons butter
- ☐ 1 onion chopped
- ☐ 4 cups warm potatoes mashed
- ☐ 1.5 cups cheddar cheese shredded

Equipment

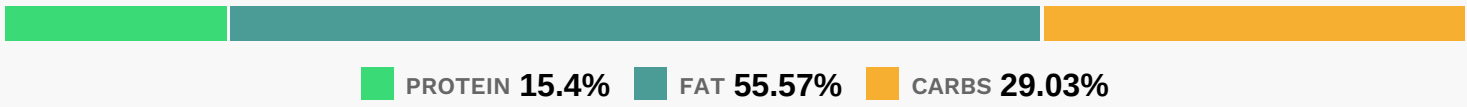
- ☐ frying pan
- ☐ paper towels

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart baking dish.
- ☐ Heat a skillet over medium-high heat. Fry the bologna slices in the hot skillet until browned on both sides, about 1 minute per side.
- ☐ Drain on a paper towel-lined plate. Wipe excess grease from the skillet, reduce heat to medium, and stir in the butter and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir the onions into the warm mashed potatoes.
- ☐ Spread half of the mashed potatoes into the prepared baking dish.
- ☐ Layer with half of the fried bologna, and sprinkle with half of the cheese. Repeat with the remaining ingredients.
- ☐ Bake uncovered in the preheated oven until the cheese is bubbly, and the center is hot, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:62.58, Glycemic Load:36.94, Inflammation Score:-8, Nutrition Score:28.539130625517%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 791.14kcal (39.56%), Fat: 49.21g (75.71%), Saturated Fat: 25.08g (156.73%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 51.04g (18.56%), Sugar: 7.23g (8.04%), Cholesterol: 131.4mg (43.8%), Sodium: 1194.6mg (51.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Vitamin C: 58.47mg (70.87%), Vitamin B6: 1.13mg (56.56%), Phosphorus: 554.07mg (55.41%), Calcium: 508.32mg (50.83%), Selenium: 35.52µg (50.74%), Potassium: 1514.4mg (43.27%), Vitamin B12: 1.98µg (33.03%), Zinc: 4.68mg (31.19%), Vitamin B2: 0.49mg (28.92%), Vitamin B1: 0.42mg (28%), Fiber: 6.78g (27.13%), Manganese: 0.49mg (24.74%), Vitamin B3:

4.91mg (24.56%), Magnesium: 96.29mg (24.07%), Vitamin A: 985.04IU (19.7%), Copper: 0.37mg (18.71%), Iron: 3.26mg (18.1%), Folate: 68.53µg (17.13%), Vitamin B5: 1.43mg (14.33%), Vitamin K: 8.03µg (7.64%), Vitamin D: 0.94µg (6.24%), Vitamin E: 0.78mg (5.23%)